

# Which people are at high risk of complications from the flu?

Deloris, age 72  
active senior



Bob, age 45  
has heart disease



Duane, age 19  
has asthma



John, age 12 months  
likes ice cream



Shannon, age 28  
expectant mother



Maria, age 7  
getting her first flu shot



Michael, age 45  
on chemotherapy

**Answer: *All of the above***

## *Surprised?*

It's not just the frail and elderly who are in danger of being hospitalized or dying from the flu. It's many more. And it could be you.

The flu is more than the sniffles. It's coughing. It's fever. It's aching. And it can lead to pneumonia. You should get a flu shot as **soon as possible** if you

- are 65 years old or older
- will be at least 3 months pregnant during flu season (November – April)
- have a health problem such as heart disease, kidney disease, diabetes, asthma, or other lung disease
- suffer from a long-term illness that keeps you from fighting infections, such as cancer or HIV/AIDS

***If you live with or take care of any people like those above, you also should get a flu shot. When you get a flu shot, you're also protecting your family and friends.***

**TAKE ACTION!**

Remind your health care provider to give you the shot.  
Don't wait to be told you need the protection.

For more information, call the  
CDC Immunization Hot Line  
English: 1-800-232-2522  
Español: 1-800-232-0233  
[www.cdc.gov/nip/flu](http://www.cdc.gov/nip/flu)



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